

Akron/Newstead Senior Center
5691 Cummings Road
Akron, New York 14001
Phone 716-542-6645
Fax 716-542-6646

Director: Debb Sabbatis
Sr. Ctr. Attendant: Barbara Gaik, Karen DeYoung, Sarah Young
Email: dsabbatis@townofnewstead.com
Fax: 542-6646
Hours of operation
Monday—Friday 7:00 to 3:30
Wednesday 7:00am—8:00pm
NOVEMBER 2016

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AKRON-NEWSTEAD SENIOR NEWS



Thursday, November 17th
3-6 pm

Health Insurance Forum

*This year, the **Annual Enrollment Period (AEP)** starts October 15th and ends on December 7th for a January 1st 2017 effective date.*

It is that time of year again. Plan on attending the Akron/Newstead Senior Center Health Insurance forum and learn about available options and find a plan that fits your needs.

Nancy Schneider from Erie County's Health Insurance Information Counseling Assistance Program (HIICAP) will present an overview of changes to Medicare and provide information and assistance regarding Medicare Part A and Part B benefits, the prescription drug benefit, Part D, Medicare Advantage plans and Medicare supplemental insurance.

Sales representatives from the major health insurance companies will be present with information and applications to introduce their upcoming benefit packages.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

You can switch from Original Medicare to Medicare Advantage, or vice versa.

You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty

SUNSHINE REPORT

For October 2016

GET-WELL CARDS: NONE

SYMPATHY CARDS: Paul Vohwinkel Jr. on the death of his wife. ~ Paul and Ann Vohwinkel Sr. on the death of their daughter-in-law ~ Bernie & Marilyn Diegelman on the death of Bernie's son. ~ Gloria (Chickie) Salon on the death of husband Jim.

THINKING OF YOU: NONE

Theresa Mazzone

Call 542-4384

Do you need help with travel?

These services are available to be of assistance.

- ♦ "Going Places Van" - Tuesday and Friday
- ♦ 858-7433
- ♦ Rural Transit - Every Day 565-3323
- ♦ Hearts and Hands - 542-2226



AARP Smart Driver Course

November class is full-Call for wait list

Save money on your car insurance and increase your driving skills by attending the AARP Safe Driving class. **The fee for the AARP Driver Safety Program is \$20 for AARP members and \$25 for non-members.** Payment in the form of a check payable to AARP is due no later than the week prior to secure your seat. Indicate AARP membership number in the memo section of your check.

Stop by Senior Center or call

542-6645 to register.

Consider joining us for lunch. For individuals 60 and over the cost is a donation of **\$3.00** and those under 60 the fee is **\$5**. Reservations for lunch can be made when registering for the class.

Class schedule for 2017: January 10; March 14; May 9; July 11; September 12 and November 14.

Thursday, November 10th
11:30 am

Veterans' Luncheon

Please join us as we honor our Veterans with a special Veterans Day lunch. **Members who are veterans** are invited to join us for a free lunch - please sign up **in the office by Wednesday, November 2nd.**

If you would like to share a picture of yourself in uniform for our Veterans photo display please see Debb or Faye.

Lunch will be served at 12:00 pm.

Closings and Cancellations

The Center will be closed on the following days:
November 11th;
24th and 25th.

There will be no exercise classes on November 8th-Election Day.

Pinochle Tournament

Our next tournament will be Thursday, November 17th at 12:45.

Wednesday, November 16th
11:30 am

Potluck Luncheon

The Center Board of Directors would like to invite you to the monthly potluck luncheon.

All are encouraged to attend; *please bring a dish to pass and eating utensils*. Join us for a delicious lunch, great company, and important information from your Board.

Our entertainment for the day will be the incomparable Saxman Slim.

Remember those less fortunate by bringing a donation for the Food Pantry.

NOTE: The annual membership meeting of Akron Newstead Senior Citizens Inc. to nominate officers and board members for 2017 will be held on this date. ***Elections will be held on Wednesday, December 21st at the potluck luncheon.***

Bakers needed:

Bake Sale on Election Day Tuesday, November 8th.

Can we count on you to bake some home-made goodies for our upcoming bake sales? We expect Election Day to bring a huge influx of community members into our building and we can use this opportunity to raise money for our Center and show off our baking skills. Please help us with this event. Drop off your baked goods by 8:30 am.

Call 542-6645 or sign up at the Center.

Center Exercise Facility

As a member of the A/N Senior Center and/or a member of SilverSneakers® you have the benefit of using the Center exercise facility. Prior to using the equipment you must take the exercise orientation class and provide a permission slip from your physician. The next exercise orientation is **Thursday, November 17th at 12:00pm.**

Please sign up or call
542-6645.

**DEADLINE FOR NEWSLETTER, SECOND FRIDAY OF
MONTH BY NOON**

Thursday, November 17th
5:30 pm

Movie Night: TBA

Tonight we will be serving our special Thanksgiving dinner.

The cost for dinner will be \$5 per person.

Please sign up and pay in office by
Thursday, November 10th.

Monday, November 14th
8:30 am departure

Customer Appreciation Event

Special event with Great casino incentive!

Spend the day at Seneca Niagara casino with over 4,200 slot machines, over 100 tables, or the world-class poker room.

For \$23 per person you will receive \$30 in slot dollars plus a full buffet**.

Don't be left behind sign up now!

* **Incentives are compliments of the Casino and are subject to change.

Must be 21 years of age or older to enter casino floor, to receive incentive, or to qualify for any promotions. Current State/Federal issued ID is required to receive incentive (government issued driver's license, non-driver's picture ID, or passport).

Thursday, November 17th
3:00—6:00 pm

Flu Shot Clinic

Be prepared for the upcoming flu season!

Vaccinations will be administered by Walgreens.

Bring your insurance ID card.

If you are not covered by an approved insurance company or do not bring your insurance card, the payment for the flu shot will be or pneumonia shot will be required at time of service. It is imperative that an insurance ID be presented to avoid being charged.

This clinic is open to the public.

Please stop by or call the office at 542-6645 for more information.

Important—Member Notice

Wednesday, November 16th *Annual Membership Meeting*

The annual membership meeting of the Akron Newstead Senior Citizens Inc. will be on Wednesday, November 18th to nominate officers and board members for 2017. ***Elections will be held on Wednesday, December 21st at the potluck luncheon.*** Any member entitled to vote who so desires, for any reason, may vote at the annual election by using an absentee ballot which shall be furnished upon request not more than thirty days prior to the elections. Each absentee ballot must be received either by hand or by US Mail not later than 5 pm on the day prior to annual election in order for such absentee ballot to be counted. That member may not be present at the actual election or his absentee ballot must be discarded.

Wednesday, November 30th

5:00 –8:00 pm

Night of Shopping & Sweets* *Join the Fun

“Shop for Someone Special”

Find that perfect gift for this Holiday Season!

Admission \$5.00 includes Refreshments & Raffles
Vendors at this event will include Independent Consultants from various Home Party's and other local business men and women. All will have cash and carry items! 25 plus vendors
More Information—542-6645

Silver Sneakers Class Times to Change

Beginning November 1st, there will be changes to the SilverSneakers class schedule for the ***Monday and Friday classes***. We are hoping that with winter coming this will make attending classes easier for our participants.

Monday at 10 am—SilverSneaker Classic

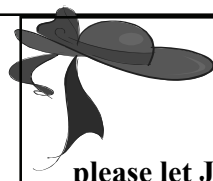
Tuesday at 9 am— SilverSneakers Circuit

Thursday at 9 am— SilverSneakers Classic

Friday at 10 am— SilverSneakers Yoga.

Volume 40 #11 November 2016
Akron, New York

Newsletter Assisted by - Preparation & Editing - Bonnie Sue Pafk,
Sunshine Report - Theresa Mazzone



RED HATS

Tully's

1:00 P.M. on 11/03/16

please let June Brown know if you cannot attend.

Call 716-807-6677

Wednesday, November 2nd

1:00 pm

HEAP/Energy Assistance Information

The Home Energy Assistance Program is a federally funded program designed to assist eligible households with the costs of heating their homes with benefit, weatherization, and essential heating equipment repair components. Randolph Machelor, with the Erie County Senior Services Energy Services Unit- HEAP, will be available to answer eligibility questions and assist with documents for individuals who need help paying their electric or heating bills.

Next Euchre Tournament

Thursday, November 10th

1:00 pm

Love playing Euchre? Then join our tournament. This will be a progressive tournament (partner changes after each game). Fee per person is \$5.

Sign up at Center.

We will play by Center rules.

September winners: 1st place-Beverly H.; 2nd-Dick A.; 3rd-Carl B.; 4th –Monroe; 5th –Diane; 6th-Helen K.
Honorable mention to Robert Bordner!

Reminder: We play euchre Wednesday evenings at 5:30.

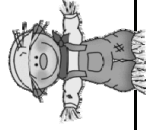
Thursday, November 3rd

12:30 pm

Texas Hold'em Tournament



Looking for some excitement? Then put on your poker face and join the fun for Texas Hold'em at the Center. Texas Hold'em is probably the best known and most popular form of poker played today. There is a \$5.00 entrance fee. Sign up at Center.

Interested in learning how to play– beginners are welcome.



Activities November 2016



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	2 9:00 Cards/Games 10:00 Mah Jongg 1-3 Senior Outreach HEAP Outreach 3:00 Watercolor class 5:30 pm Euchre night	3 8:30 Wii 9:00 SilverSneakers Classic 9:30 Board meeting 10:30 Exercise w/ Claudia 12:30 Texas Hold'em Red Hats	4 10:00 SilverSneakers Yoga 12:45 Bingo	5 6:15 Pinochle & Dominoes
7 10:00 SilverSneakers Classic 10:00 Crochet group	8 Election Day 9:00 Cards 10:15 Hand & Foot <u>No Exercise classes today</u> Bake Sale	9 9:00 Cards/Games/ 10:00 Mah Jongg 3:00 Watercolor class 5:30 pm Euchre night	10 Veteran's Luncheon 8:30 Wii 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:45 Euchre Tournament	11 Center Closed 	12
14 10:00 SilverSneakers Classic 1:00 Garden Club CASINO TRIP	15 9:00 AARP Drivers Course SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	16 Potluck Day White Elephant Auction 9:00 Cards/Games/ 10:00 Mah Jongg 10:00-12 Senior Outreach 3:00 Watercolor class 5:30 pm Euchre night	17 9:00 SilverSneakers Classic 10:30 Exercise w/ Claudia 12:00 Exercise Orientation 12:45 Pinochle Tournament 3:00 Insurance Forum Flu shots 5:30 Movie Night	18 10:00 SilverSneakers Yoga 12:45 Bingo	19 6:15 Pinochle & Dominoes
21 10:00 SilverSneakers Classic 10:00 Crochet group	22 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	23 9:00 Cards/Games/ 10:00 Mah Jongg 3:00 Watercolor class 5:30 pm Euchre night	24 Center Closed HAPPY 	25 Center Closed	26
28 10:00 SilverSneakers Classic 10:00 Crochet group	29 9:00 SilverSneakers Circuit Cards 10:15 Hand & Foot 10:30 Exercise w/ Claudia	30 9:00 Cards/Games/ 10:00 Mah Jongg 3:00 Watercolor class 5:00 Night of Shopping & Sweets 5:30 pm Euchre night			

Erie County Stay Fit Dining Program

STANDARD MENU

NOVEMBER 2016

Mon.	Tue.	Wed.	Thu.	Fri.
31 Halloween Lunch! TBA	1 Boneless Chicken Breast w/Gravy Roasted O'Brien Potatoes Seasoned Hubbard Squash Whole Wheat Roll Peach & Pear Cup 683	2 Sliced Roast Beef w/Gravy Whole Wheat Roll Ranch Mashed Potatoes Green Beans Fruited Gelatin 676	3 Chicken Bowtie Salad Grilled Chicken Breast Marinated Bowtie Pasta w/Mixed Vegetables Apple Juice Blueberry Muffin Square Fresh Fruit 817	4 Breaded Fish Patty w/Tartar Sauce Broccoli-Rice Casserole Tender Peas Orange Juice Chocolate Chip Cookies 959
7 Turkey Vegetable Casserole Chive Mashed Potatoes Buttermilk Biscuit Fruit Delight Cookie 765	8 Election Day Seasoned Meatballs, Penne Pasta, Tomato Sauce & Mozzarella Cheese California Mixed Vegetables Apple Juice Fresh Fruit 840	9 Breaded Chicken Breast w/Gravy Mashed Potatoes Harvard Beets Whole Wheat Roll Frosted Yellow Cake 895	10 Veterans Day Lunch! Breaded Pork Loin w/Gravy Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Fancy Apple Pie! 1025	11 Veteran's Day Holiday! <u>NO MEALS SERVED</u>
14 Breaded Chicken Breast w/Gravy Soft Roll Mashed Potatoes California Mixed Vegetables Butterscotch Pudding 777	15 Traditional Knockwurst w/Sauerkraut & Mustard Hot Dog Bun Home Fries Seasoned Spinach Pineapple Tidbits 762	16 POTLUCK LUNCHEON	17 Baked Ham Steak w/Pineapple Sauce Whole Sweet Potatoes Apple & Cranberry Compote Whole Wheat Roll Oatmeal Raisin Cookies 823	18 Spanish Rice Casserole Fresh Cornbread Chopped Broccoli Chef Salad w/Dressing Peach Bavarian 920
21 Swedish Meatballs w/Cavatappi Pasta Brussels Sprouts Carrot Coins Chocolate Pudding 762	22 Thanksgiving Lunch! Sliced Roast Turkey, Bread Stuffing & Gravy Chive Mashed Potatoes Green Beans w/Red Pepper Wonderful Pumpkin Pie! 998	23 Lasagna Roll w/Meat Sauce Mozzarella Cheese Spinach & Mushrooms Cauliflower Whole Wheat Roll Tropical Fruit Cup 781	24 Thanksgiving Day Holiday! <u>NO MEALS SERVED</u>	25 Center Closed <u>NO MEALS SERVED</u>
28 Creamy Turkey & Vegetable Pasta Toss Carrot Coins Chopped Broccoli Fruit Delight Cookie 624	29 Ricotta Cheese Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Fruited Gelatin 764	30 Breaded Chicken Cutlet w/Gravy Soft Roll Whole Sweet Potatoes Chef Salad w/Dressing Pineapple Tidbits 888	1 NEW MENU ITEM! Chopped Steakhouse Burger w/Jardinière Gravy Mashed Potatoes Stewed Tomatoes Dinner Roll Frosted Chocolate Cake 971	2 Vegetable Quiche w/White Cheese Sauce Apple & Cranberry Compote Oat Bran Square Fresh Fruit 1012

Call 542-6645 to reserve lunch.



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Fidelis Care's Medicare Advantage Plans for 2017

Benefit	Original Medicare*	Fidelis Medicare Advantage Flex (HMO-POS)	Fidelis Medicare \$0 Premium (HMO)
Monthly Part B Premium**	\$121.80	\$41.00	\$0
Flex Benefit	None	\$250 per year	None
Part B Deductible	\$166	None	None
PCP Copay	20%	\$0	\$15
Specialist Copay	20%	\$25	\$45
Outpatient Surgery in a Hospital	20%	\$350	\$350
Outpatient Surgery in an Ambulatory Surgical Center	20%	\$350	\$350
Lab Tests	\$0 or 20%	20%	20%
X-rays	20%	\$10	\$10
Preventive Services	\$0	\$0	\$0
MRIs, CT Scans, PET Scans	20%	20%	20%
Inpatient Copay	\$1,288	\$350 per day for days 1-5, per admission	\$350 per day for days 1-5, per admission
Part D Prescription Drug Coverage	No	Yes, with \$0 copay for preferred generics \$250 deductible	Yes, with \$0 copay for preferred generics
Preventive Dental	None	Yes	Yes

***These are 2016 amounts and may change for 2017. **You must continue to pay your Medicare Part B premium.**

These plans are available to anyone who has both Medical Assistance from the State and Medicare. Premiums, copays, coinsurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or

copayments/coinsurance may change on January 1 of each year. This information is available for free in other languages. Please contact our Member Services number at 1-800-860-8707 (TTY: 1-800-558-1125). Fidelis Care is a Coordinated Care plan with a Medicare contract and a contract with the New York State Department of Health Medicaid program. Enrollment in Fidelis Care depends on contract renewal.

H3328_FC 16143 Accepted

It's easy to join. Call us today! 1-800-860-8707 TTY: 1-800-558-1125

Monday–Sunday, 8:00 a.m.–8:00 p.m. from October 1–February 14
Monday–Friday, 8:00 a.m.–8:00 p.m. from February 15–September 30

www.fideliscare.org